



STEP TO IT Challenge

"Show your pride with friends and family at your side"

Come on Maple Grove, the Step to It Challenge is just around the corner! Connect with family, friends and neighbors to get moving again after the long winter. The challenge is a fun, light-hearted competition between twenty-three surrounding cities to see which one has the most active residents.

As a Step To It participant, you will keep an ongoing total number of steps you take from May 3rd – May 30th using a pedometer or an activity conversion chart found at www.steptoit.org. Activities such as biking, group fitness classes, skateboarding, or even just mowing the lawn can also be counted towards your overall steps. A Hennepin County web site will allow you to record your steps with ease. Best of all, it's free!



Registration begins April 1st at www.steptoit.org

Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a Twins home game during the 2015 season. Make it a family event by having kids join in the fun!

